Dillsburg Banner
31 S. Baltimore Street, Dillsburg PA 17019
432-3456

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David P. March and Marie Chomicki...Publishers
Marie Chomicki...Editor

GENERAL INFORMATION

The Dillsburg Banner office is open 9:00 a.m to 4:00 p.m. Monday through Friday. News releases of upcoming and recent events, such as births, weddings, anniversaries, meetings and area happenings are welcome. Please give us a call at 432-3456 to cover the event or drop off your press release at our office at 31 S. Baltimore Street, Dillsburg. Press releases received by Monday will be in that week's edition.

The Dillsburg Banner is sold for 25¢ at the following places: Myers Food Rite, Uni-Mart, Jones Newsstand, Jim's Exxon Shop, Grubers Pharmacy, Shillito's Exxon, Kauffman's Country Kitchen, and at the Banner office.

Letters to the Editor

Letters to the Editor are welcome. They do not necessarily represent the views of this paper. If you want to have your say, please send your letter to the Dillsburg Banner, 31 S. Baltimore Street, Dillsburg PA 17019

Please include your name and phone number. Letters unsigned will not be printed.

Northern York County School Board Highlights

At the November 8, 1990 meeting, the Board of Education: accepted the resignation of Vickie Cook as Switchboard Operator/Special Education secretary and Karen Yocum as part-time cafeteria employee; approved the transfer of Ruth Feaser from substitute cafeteria employee to part-time status; approved the addition of Joan Albert to the Health Room Assistant substitute list and approved Raymond L. Bickel to the cafeteria employee substitute list; approved the request of Suzanne Eng for a four to six week unpaid leave of absence; approved the transfer of Joan Scheaffer from Copy Machine Operator/Student Activity Clerk to Switchboard Operator/Special Education Secretary.

The board appointed Suzanne Simoni as Middle School Assistant Musical Director; approved the request of Mr. Riley and the Band Boosters to have the band participate in a music festival to be held at Great Adventure, New Jersey on May 17 and 18, 1991; approved the request to Ann Balzano to take her Distributive Education students on a field trip to McClain and Elementary and Assistant Junior High Wrestling Coach; approved the appointment of Bruce Sheaffer as Elementary Wrestling Coach.

The board also approved the request of Mark Hagenbuch for the District to sponsor an Advanced Gmell Institute in April. Gary Poteiger, Harold Swarta, Darlene Koch and Kathy Berkoben to attend a Cooperative Learning Workshop for Secondary Mathematics Teachers in Summerdale on December 3 and 4, 1990; authorized the High School Administration to proceed with the implementation of an eight period academic day schedule for the 1991-1992 school year.

High School Board Report for the Month of October

The annual Back-to-School night for parents was held on Monday, October 1. Approximately 350 parents attended the evening session.

Homecoming activities were held prior to the football game on Friday, October 5th. Gina Guerriero was named as the Homecoming Queen, with Tiffany Taylor and Hope Mucha as the Homecoming Court.

The annual Homecoming dance, organized by the cheerleaders, was held on October 6, 1990, in the high school cafeteria with approximately 225 in attendance.

On Saturday, October 20, 1990, the guidance department sponsored PSAT testing program in the High School cafeteria. Approximately 80 junior students participated in the program.

Farmer's Fair activities were held on the weekend of October 20. Gina Guerriero was named Farmer's Fair Queen, with Chaitra Dalton and Amity Lauver as the Farmer's Fair Court. The Band performed as part of the parade.

The York County FFA sponsored a contest held on October 2, 1990. Northern students placed as follows: Lynn Farner (1st place), Dave McCoy (9th place), Dan Blouch (15th place)

The York County FFA organization awarded White Rose Degrees to the following students: Esther Doll, Dave McCoy, Brian Pritchard and Frank Todd.

The Business Department selected Tina Morgan as the Business students of the month.

Senior Business students were guests of Nationwide Insurance and Pulico on Thursday, October 25 in cooperation with the ACES program.

The guidance department has named Jill Evans as Rotary Girl of the month and Ryan Silver as Rotary Boy of the month.

The guidance department has named two juniors, Sarah Francis and David Habowski, as Future Leaders of York County.

The DECA students sponsored a Walk-A-Thon on Saturday, October 27 to raise money for the Muscular Dystrophy Association. The students walked a total of ten miles within 3 hours and raised $500.00.

The Marching Band and Guard participated at the East Pennsboro, Lancaster Catholic and ELCO Tournaments. The Band and Guard received two second place and one third place award. The Guard section of the Band received the highest award at two competitions. The percussion section received the highest award at one competition.

The High School Brass Quintet played for the Northern Elementary Flag Raising Ceremony. The Jazz Band played for the Middle School pep assembly and the High School band played for the high school pep assembly.

DILLSBURG BOROUGH LEAF COLLECTION

Leaves will be collected in the Borough on Tuesday, Nov. 6, 20 and Dec. 4. Residents must place leaves at the curb line in plastic bags by 9 a.m. (No other container may be used). No materials other than leaves will be taken. Ordinances prohibit burning leaves on the public streets.

J. Chadwick Wagner
Borough Manager-Engineer
11/1, 11/8, 11/22

BUDGET NOTICE

The Carroll Township 1991 Proposed General Budget will be available for inspection at the Carroll Township Municipal Building, 505 Chestnut Grove Road, Dillsburg from November 23, 1990 to December 27, 1990, Monday through Friday, from 8:30 a.m. to 4:30 pm. The Supervisors have scheduled adoption of the 1990 Budget for their December 27, 1990 meeting at 6:00 p.m.

Larry E. Eichelberger
Chairman of the Board
11/20, 12/6

BIRTHS

York Hospital
Suzanne (Orcutt) and Harrison Sanders of Wellsville, October 25, son, 9 lbs. 4 oz.

Thank You

We would like to thank all of our friends, neighbors and relatives for all of their acts of kindness, prayers, flowers, cards, food and memorial contributions during the death of our dear daughter, Danette Lynn Geyer. Make God bless you all.

Deb and Dan Geyer

Medical Center Receives Grant

Penn State's Milton S. Hershey Medical Center is the recipient of the first phase of a potential $1 million grant to innovatively restructure patient care. The Medical Center was selected as one of up to 20 hospitals in the nation to receive the funding as part of the $26.8 million Robert Wood Johnson Foundation/Pew Charitable Trusts program, "Strengthening Hospital Nursing: A Program to Improve Patient Care." Hershey is the only hospital in the mid-Atlantic region to receive an implementation grant as part of this program.

Roses as a Bonus!

CCNB Bank and KOOL 94.9 FM are sponsoring the First Annual "Rose Day" for arthritis.

Purchase roses for your employees as an extra Christmas bonus or for that special someone, then pick them up on December 14th at a CCNB branch near you! Not only will you make someone's day, you will also be supporting the research, programs and services of the Arthritis Foundation.

Stop by any branch of CCNB or KOOL 94.9 radio or call the Arthritis Foundation at 763-0900 for an order form.

All proceeds benefit the Arthritis Foundation-your source for help and hope.

Low-Salt Cookbook

The American Heart Association announced its publication of a diet guide to help the nearly 61 million Americans who suffer from high blood pressure and who may require a sodium-restricted diet.

The "American Heart Association Low-Salt Cookbook," published by Times Books and due in local bookstores this fall, features more than 175 recipes designed to be low in sodium as well as fat cholesterol.

Jingle Bell Run

The Fourth Annual BBEC Jingle Bell Run for Arthritis will be held on Saturday, December 8, 1990 at the Rehab Hospital in Mechanicsburg. This competitive 5 mile run and 2 mile "fun run" or walk starts at 1:00 p.m.

Kim Rodkey of 93.5 WTPA will be Master of Ceremonies.

Show off your holiday spirit by running in costume. Prizes will be awarded to the winners of the run and to those who attend in costume.

Christmas Concert Slated

The Messiah College music department presents their annual Christmas Concert on Saturday, December 1 at 8:00 p.m. and Sunday, December 2 at 3:00 p.m.

Featured guest artists this year will be the Chesapeake Brass Quintet, a group popular in the central Pennsylvania, Chesapeake Bay area.

Third World Crafts on Sale Support Producers

$10,000 worth of handicrafts made in Third World countries go on sale at Messiah College for three days, December 3-5. The proceeds from this "Self-Help Craft Sale," go back to countries from which the items were made, through SELFHELP Crafts, sponsored by the Mennonite Central Committee.

The imported crafts will be available in the Board Room of the Eisenhower Campus Center from 10:30 a.m. - 8:00 p.m. each day. Items include baskets and fabrics from India; carvings of animals from the Philippines; teak wood from Thailand; Brass plates from Pakistan; and numerous other items.

Management Seminar

Dairy farmers, have you lost high producers to mastitis or forfeited you high-quality premium, one too many times? So you or your employees need to brush up on proper milking procedures?

If so, plan to attend the York County Milking Management Seminar on Tuesday, December 4th at the York County Extension Office. This information-packed program will begin at 9:30 a.m. and end at approximately 3 p.m. All dairy farm or business workers who manage, milk or work with mature dairy animals are encouraged to attend this seminar.

"Messiah" to be performed

Handel's "Messiah", will be performed in the Hershey Theatre on Sunday, November 25, at 3:00 p.m.

Singing the "Messiah" will be musical organizations, school and church choirs, and soloists who enjoy singing from throughout central Pennsylvania.

WGAL-TV 8 will tape the event and televise it on Christmas Eve.

For information, call the Children's Miracle Network office at 531-6181, or you may call Hersheypark Area at 534-3911.

Youth Music Theatre Presentation

Pennsylvania Youth Music Theatre will present its holiday production of Amahl and the Night Visitors by Gian Carlo Menotti at Milton Hershey Founder's Hall on December 1 at 8:00 p.m. and December 2 at 3:00 p.m. The Reluctant Dragon with music by John Rutter will be the accompanying piece. Both works will be performed with full orchestration conducted by Dr. Frederick Petty of Dickinson. Professor Earl Genzel of Messiah College is the artistic director and stage director for both works. Ticket donations are $10 adults and $6 students; reservations can be made by calling the box office at (717) 258-5685. Tickets are also available at the Ticket Place, Strawberry Square, Harrisburg.

Pennsylvania Youth Music Theatre is a newly organized group that recently staged Leonard Bernstein's West Side Story. The organization gives training to talented young music theatre performers under the age of twenty-five and gives them performing opportunities in professionally staged productions.

Bollinger-Ilgenfritz Engagement

Mr. and Mrs. Jay L. Bollinger, of Dover announce the engagement of their daughter, Jennifer Lynn Bollinger, to Eric James Ilgenfritz, son of Mr. and Mrs. John M. Ilgenfritz, Jr. of Dover.

The prospective bride is a 1988 graduate of Dover Area High School and a 1990 graduate of Pennsylvania State University with an Associate degree in Physical Therapy. She is employed by McCuen & Associates Physical Therapy of Camp Hill.

Her fiance is a 1989 graduate of Dover Area High School and is attending the Pennsylvania College of Technology for Heating and Air Conditioning.

They are planning to be married on October 26, 1991.

Jennifer Bollinger and Eric James Ilgenfritz

Wagner selected to attend National Young Leaders Conference

Kevin Wagner of Dillsburg has been selected to attend the 1990 National Young Leaders Conference from November 27 to December 2.

Having demonstrated academic achievement, leadership and citizenship, Kevin will be among 350 high school students from across the nation at the conference for outstanding young leaders sponsored by the Congressional Youth Leadership Council.

The theme of the National Young Leaders Conference is The Leaders of Today Meeting the Leaders of Tomorrow. Throughout the six-day conference, the scholars will meet with key leaders and newsmakers from the three branches of government, the media and the diplomatic corps.

Highlights of the program will include welcoming remarks from a Member of Congress on the Floor of the United States House of Representatives, a government relations forum comprised of senior level congressional staff and lobbyists from corporations and public interest groups, and a panel discussion led by prominent journalists at the National Press Club. Diplomatic embassy visits and a briefing at the State Department will also be among the week's activities.

Kevin Wagner

Kevin (17) is a student at Northern High School whose activities include Model United Nations Team, Students Against Drunk Driving and Fellowship of Christian Athletes.

His honors and awards at school include Distinguished Honors Student, Applicant for National Honor Society, Keystone Boys State and Rotary Student of the Month.

His plans for the future are to study architecture and possibly political science, attend Messiah College (part-time), attend Fairmont State College in West Virginia.

Sponsors who helped pay for his trip are the Northern Community Task Force and 1st Bank and Trust.

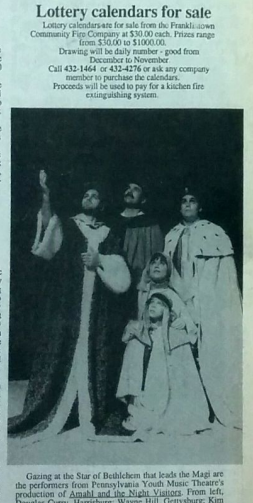
Lottery calendars for sale

Lottery calendars are for sale from the Franklintown Community Fire Company at $30.00 each. Prizes range from $30.00 to $1000.00.

Drawing will be daily number - good from December to November

Call 432-1464 or 432-4276 or ask any company member to purchase the calendars.

Proceeds will be used to pay for a kitchen fire extinguishing system.



Gazing at the Star of Bethlehem that leads the Magi are the performers from Pennsylvania Youth Music Theatre's production of Amahl and the Night Visitors. From left; Douglas Curry, Harrisburg; Wayne Hill, Gettysburg; Kim Rosenberg-Russell, Wayne; Brad Barton, Harrisburg; Peter Brown, Grantham. The popular Menotti opera along with John Rutter's The Reluctant Dragon will be presented at Founders Hall in Hershey on December 1st at 8:00 p.m. and on December 2nd at 3:00 p.m.

The Christmas Seal Story

It was a day in December 1907 and Christmas Seals had gone on sale for the first time, in the lobby of Philadelphia's leading newspaper, the "North American." Suddenly a thin, ragged newsboy dashed across the marble floor and plowed a penny at the woman behind the counter. "Gimme one -- me sister's got it," he said.

At that moment, Emily Bissell knew that the campaign, her brainchild, would succeed. Word had spread and people understood that even the smallest contributions could add up and someday help to stamp out tuberculosis.

Emily had been propelled to this moment by the pleas of a doctor cousin, Joseph Wales, who worked at a small TB sanitorium on the banks of the Brandywine River in Delaware. In desperate financial straits, the hospital would be forced to close permanently, he wrote her, unless $300 could be found to keep it going through the winter. Wales hoped that Emily, an experienced fund raiser with the American Red Cross in Wilmington, might be able to find the money.

"See what you can do," he urged in his letter. "We're down to our last dollar. Unless the money can be raised somehow, the poor patients will have to be sent home to die...and perhaps to spread the disease to others. Please, you've got to help."

Convincing people to give money to what many felt was a death sentence and a hopeless cause wasn't going to be easy. But Bissell recalled a magazine article that gave her an idea.

The author, famous journalist and social worker, Jacob Riis, had lost six brothers to tuberculosis. During the Christmas season in his native Denmark, small seals with a holiday motif were sold to raise funds to fight TB. The idea had come from a postal clerk, Annoyer Holboell, who was worried about the lack of care available to many children ill with the terrible disease.

The first seal bearing the picture of Queen Louise of Denmark and the word "Julen," Danish for "Merry Christmas," had been issued in 1904. That first year, over four million Seals were sold at a half penny apiece and, after the first two campaigns, there was enough money to build two children's TB hospitals. Riis though it was an idea that should be tried in America.

So did Bissell. After designing a Seal which incorporated the American Red Cross symbol with a half-wreath of holly above the words "Merry Christmas," she borrowed $40 from friends, and got 50,000 Seals printed on credit. On December 7, 1907, Christmas Seals went on sale in the corridor of the Wilmington post office.

Sales were brisk enough that first day to bring in $25, but by the third day the campaign had gone flat. Undaunted, Emily headed for nearby Philadelphia, hoping to convince the powers that be at the "North American" to back her cause.

Though the Sunday editor was shocked at the idea of linking Christmas with disease, staff columnist Leigh Mitchell Hodges was convinced. He, in turn, persuaded the editor-in-chief to back the campaign and was told forthwith: "Tell Miss Bissell the "North American" is hers for the holidays. Drop what you're doing and give this your whole time. Take all the space you need. And ask her to send us fifty thousand Seals by tomorrow."

President Teddy Roosevelt was one of many public figures who backed that first campaign, which raised $3,000. Bolstered by success, the American Red Cross sponsored the following year's campaign nationwide. While the Philadelphia "North American" again at the forefront of publicity efforts, the final tally was $135,000. A tradition had been born.

Awareness Banquet Slated

On Friday, November 30, 1990, Bethesda Mission will hold its annual Fellowship-Awareness Banquet at the Scottish Rite Cathedral, Fourth and Division Streets. The banquet will begin at 6:00 p.m. with a punch reception followed by dinner at 6:30 p.m. in the ballroom.

Bethesda Mission has been meeting the needs of homeless and hungry people in our community for over seventy six years. Presently, the mission houses 110 men in its Reily Street Men's Center will providing accommodations for approximately 40 women and their children in the Women's Center on N. 28th Street. A public soupline is available to the community every evening at the Reily Street facility beginning at 5:00 p.m. Anyone in need is encouraged to come and share this meal with our guests and staff.

Mother Nature Says, Less is More

Mother Nature gives us the natural resources, chemicals, and energy it takes to manufacture, package, and transport everything we buy. But if we...

-reduce our purchases of non-necessities

-reject overly-packaged products

-buy products made frm or packaged in recyclable cardboard, paper, plastic, glass and metals

-recycle these commodities

-avoid disposable products

-avoid styrofoam cups, containers, and egg cartons

-donate used clothing

-reuse containers

We'll waste less, and make less trash. We'll also conserve natural resources such as minerals and trees; save energy and fuel; save landfill space; and save the planet cleaner, longer. Mother Nature will thank you. And so will tomorrow's generations of York Countians.

Reduce. Reuse. Recycle. Be good to our environment. The York County Solid Waste Authority can tell you how. Call 845-1066.

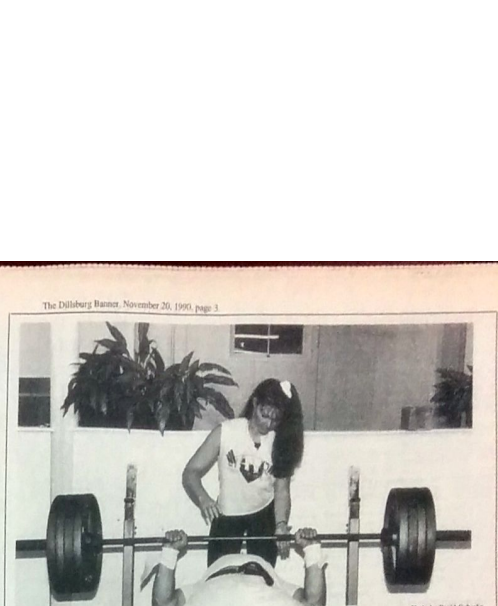


Photo by David Gobusky

Cindy Michaud, owner of Lifters, helps to spot a fellow lifter, at her new location on S. Baltimore Street, the former IGA building.

Lifters shapes up at new location

by Mary Lou Bytof

Although it's not quite a year old yet, Lifters is shaping up to attract a variety of patrons.

Power lifters training for competition, new members striving for firmer figures, and seniors seeking to improve flexibility, all take advantage of the gym's programs and facilities.

Lifters opened on February 19 on North Second Street, and moved in August to its South Baltimore Street location, formerly the IGA building.

Spacious exercise areas, good natural air circulation, a fine sound system, and good lighting help to make the workouts more enjoyable, owner Cindy Michaud says.

Lifters is for men and women who are serious about their health, strength, and desire to get into shape, Michaud says. To date, its clients range in age from a mere 10-year-old to a sagacious 80 -- and fit -- 80-year-old. However, patrons between the ages of 10 and 14 must be accompanied by a parent.

Michaud, who majored in recreation education and sports medicine at Pepperdine University in California, says a youngster who builds excessive muscle strength too early runs the risk of retarding bone growth. By the age of 14, in most cases, the bones are developed well enough to withstand repeated stress on the muscles, she adds.

As for the senior citizens, it really is never too late to start an exercise program, Michaud says. She tells how a study conducted in a retirement home showed remarkable results after its 70 -through 90-year-old residents improved following strength training with very light weights. Former semi-invalids soon became able to maneuver without walkers or canes, and could get out of bed without assistance.

Lifter's patrons receive personalized instruction. Michaud and her husband Scott, a Camp Hill letter carrier and parttime instructor in the gym, design individual weight-lifting programs for the clients. They interview all new clients, show them how to use each type of equipment, and explain which muscle groups each exercise employs. They also follow new clients through the first several workouts.

"We concentrate on form. Without proper form, the exercise will be ineffective," she emphasizes.

Even those who believe they are in excellent shape can benefit from a strength-training program, Michaud says. People incorrectly assume that since they have a physically demanding job, they don't need additional exercise. They actually might hurt themselves if some muscle groups are fully developed and others are not, she says. They need a full body workout, she insists.

Lifter's goal, according to Michaud, is to help its clients attain a strong body that looks and feels healthy.

In addition to operating the facility, the Michauds are active in area power-lifting competitions.

"We only compete in drug-free events," the owner says.

Lifters has sent teams to competitions run by the Natural Athletic Strength Association and the American Drug Free Powerlifting Association. Competitors often must submit to urinalysis and polygraph (lie detector) tests after the events, she says.

In recent competitions, Scott and Cindy Michaud won second place awards. Scott also took a first and fourth place.

Teammate Jason Shank a Northern High School graduate, has won first and second places, as well as best overall lifter in recent competitions.

Scott George, a Dillsburg police officer, and Gary Diven of Dillsburg, also compete for Lifters.

Although Cindy is the only female competitor for Lifters, she says more women are joining the gym to work out on the machines. Approximately 12 women maintain regular workout sessions in the gym, Michaud says.

The gym features a line of dumbbells that range from 10 to 105 pounds. The machines are maintained at least once a week, she adds.

In addition to power training, the gym offers aerobic exercise sessions five times a week. The classes are taught by Mary Lou Berchtest, a certified aerobics instructor and the former owner of Flexercise.

Berchtest says the plastic soft wood floor in the gym is very easy on the body, and on knees. In addition to the heart conditioning aerobic exercises, Berchtest incorporates floor exercises to firm and strengthen the body.

Lifters also has a small retail area. In addition to toes and sweatshirts which feature the black and gold Lifters logo, Michaud carries Malibu Classics and Cra-zee Wear sportswear from Los Angeles. Yes, now there are jeans for sale in Dillsburg!

Future plans for the gym including installing men's and women's shower facilities, and later opening the building early in the morning so patrons can get a workout and a shower before work.

Lifters is open from 9 a.m. to 9 p.m., Monday through Friday, and from 9 a.m. to 1 p.m. on Saturday. Holiday hours also are 9 a.m. to 1 p.m.

Aerobics classes are held in the gym on Tuesday and Thursday mornings from 9:30 to 10:30; and on Monday, Wednesday and Friday evenings, 6:30 to 7:30.

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*Principal and interest only with $3,100 down for a $58,800 30-year mortgage at 9.78% interest.
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For private showing call Agent Jan Castner 761-3974
Directions: From Dillsburg take Route 74 past Northern High School, take Route 194 to Cabin Hollow Road, turn right to property on left.

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ALSO, FEATURED WEEKLY SPECIALS AT VERY SPECIAL PRICES. CALL 761-7539
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Offer good After 5:00 P.M. Valid on Holidays
One Coupon per Table COUPON Good through 12/90

Weekly HEALTH TIP
SMOKERS - HEART ATTACK
In addition to the lung cancer threat, habitual smoking predisposes smokers to clots in artery walls that can cause heart attacks. Smoking impairs the ability of the lining of blood vessels to resist clotting. Most of the 325,000 annual deaths in the U.S. attributed to smoking are due to cardiovascular failures. Improvement in blood vessels is rapid when the smoking ceases.
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Saturday & Sunday, December 1-2 10 am-6 pm
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